

Week of _____

SHOPPING LIST

Remember to "Eat Foods with Lots of Colors"

Produce

Item	Qty/size

Meat/Poultry/Fish

Item	Qty/size

Baking/Spices/Condiments

Item	Qty/size

Canned/Boxes

Item	Qty/size

Pasta/Grains/Rice

Item	Qty/size

Beverages

Item	Qty/size

Snacks

Item	Qty/size

Frozen

Item	Qty/size

Paper Goods/Cleaning

Item	Qty/size

Personal

Item	Qty/size

Dairy/Deli

Item	Qty/size

Other

Item	Qty/size